

The Five Protective Factors as a Foundation to the Development of Annual Plan to Support Family Strengthening



SAN DIEGO

Quality Preschool
Initiative

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Welcome

Today we will...

- Engage in a Strengthening Families, Protective Factors Exercise-Developed by Center for the Study of Social Policy
- Explore the Five Protective Factors
- Review a Family Strengthening Agency Goal Plan

What We Know

Families thrive
when protective factors are
robust in their lives and
communities.

Experiencing the Five Protective Factors

(Activity)

Social Connections

- How important were social connections—friends, older adults, teams, religious celebrations, groups and clubs—for you growing up?
- How does this affect your current work?

Parental Resilience

- Remembering back to your childhood or youth, can you recall instances where your parent or parent figure showed resilience (being able to manage things) in the face of adversity?
- How does this affect your current work?

Knowledge of Parenting and Child Development

- Remembering back to your childhood or youth, what is the most important lesson you learned about being a good parent?
- How does this affect your current work?

Concrete Support in Times of Need

- How important was having the basic necessities needed to survive (e.g., adequate food and shelter) to you and your family as you were growing up?
- How does this affect your current work?

Social and Emotional Competence of Children

- How did your parent, or another significant adult in your life, influence the ideas and feelings you had about yourself when you were growing up?
- How does this affect your current work?

Reflection Questions

- What are your perceptions—good or bad—about this exercise?
- What did you learn from participating in this exercise?

Strengthening Families Approach

- Benefits ALL families.
- Builds on family strengths, buffers risk, and promotes better outcomes.
- Can be implemented through small but significant changes in **everyday actions**.
- Builds on and can become part of existing programs, strategies, systems and community opportunities.
- Is grounded in research, practice and implementation knowledge.
- We all need help sometimes.

Five Protective Factors

- Parental Resilience:
The ability to cope and bounce back from all kinds of challenges.
- Social Connections:
Friends, family members, neighbors and other members of a community who provide emotional support and concrete assistance to parents.
- Knowledge of Parenting and Child Development:
Accurate information about raising young children and appropriate expectations for their behavior.
- Concrete Support in Times of Need:
Financial security to cover day-to-day expenses and unexpected costs that come up from time to time, access to formal supports like TANF and Medicaid and informal support from social networks.
- Social and Emotional Competence of Children:
A child's ability to interact positively with others and communicate his or her emotions effectively.

CORE III Program & Environment		Goal: <i>Families receive family-centered, intentional supports framed by the Strengthening Families™ Protective Factors to promote family resilience and optimal development of their children</i>			
I	Family Engagement				
Exploring		Developing	Building	Fully Integrated	
Learns about Strengthening Families Protective Factors framework family-centered practices		Develops a deeper understanding of how relationships with and between families, and program quality are inter-related and uses Strengthening Families Protective Factors framework as lens to reflect upon current practices	Builds competency by planning and using Strengthening Families Protective Factors framework in daily interactions with children and families to promote optimal outcomes for children.	Consistently integrates Strengthening Families Protective Factors framework/family centered practices (and/or through Head Start Family Engagement Guidelines, NAEYC accreditation guidelines) in all aspects of program activity. Evidence of a <i>Community of Practice</i> that ensures program policies and practices integrate a focus on and support for teachers' intentional professional growth and education aligned with the program's goals for improvement and guided by the Early Childhood Educator Competency Areas, with a plan for ongoing sustainability.	

Note: This pathway is created by the FE workgroup and is subject to change.

San Diego Experience...Lessons Learned

- Ongoing process of reflection and cycle of continuous improvement.
- Trainings on the Five Protective Factors.
- Site develops a deeper understanding of how relationships with and between families and program quality are inter-related.
- Role of coaching.
- Moving toward each Site consistently integrating Strengthening Families Five Protective Factors framework in all program policies.
- How to make it meaningful along with everything QRIS.

What are sites already doing to support these Five Protective Factors?

- Parental Resilience
- Social Connections
- Knowledge of Parenting and Child Development
- Concrete Support in Times of Need
- Social-Emotional Competence of Children

Family Strengthening Plan

[Family Strengthening Agency Goal Plan](#)



Microsoft Excel
Worksheet

[Family Strengthening Activity Sign In Form](#)



Microsoft Word
Document

Resources

The Center for Study of Social Policy (CSSP)

<http://www.cssp.org/publications/strengthening-families>

Strengthening Families, a project of the Center of Study of Social Policy:

www.strengtheningfamilies.net

San Diego Family Strengthening Network:

<http://www.familyresourcecenters.net/>

National Alliance Children's Trust & Prevention Funds

<http://www.ctfalliance.org/initiative.htm>

Online Training Course:

National alliance of Children's Trust & Prevention Funds:

<http://www.ctfalliance.org/onlinetraining.htm>

How to remember the 5 PROTECTIVE FACTORS that make your family strong.

Use your Thumb to remember

Social & Emotional Competence of Children

because a "thumbs up" is one of the first ways we learn to communicate our emotions.



Your Pinky Finger signifies Concrete Support in Times of Need

because it is the smallest finger and reminds us that we all need help sometimes.



Your Index Finger represents Knowledge of Parenting and Child Development

because you are your child's 1st teacher!



Your Ring Finger stands for Parental Resilience

because your first commitment must be to yourself in order to be strong for others.



Your Middle Finger can help you remember Social Connections

because it should never stand alone! We all need a positive social network.



Charlevoix, Emmet
Northern Antrim Counties

stronger strengthening families

Thank you



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